



# Athletics



## Youth Volleyball

Bump, set and spike it at Sports\*Com, as qualified coaches give instruction on every aspect of the game. From beginners to advanced, youth volleyball players will get the opportunity to develop and refine their skills.

Ages: 8 - 15  
Dates: Thursdays  
Time: 4:30 to 6:00 p.m.  
Location: Sports\*Com  
Fee: \$3 per visit  
Contact: Thomas Laird, 907-2251, or [athletics@murfreesborotn.gov](mailto:athletics@murfreesborotn.gov)

## Murfreesboro Track and Field

MTF (Murfreesboro Track and Field) is a great opportunity to get out and get active. Track and Field is a rewarding sport that anyone can participate in. Our trained staff will help prepare athletes for the coming track season. Practices will be held on Monday evenings as we prepare for the Local Hershey's Track and Field meet. Registration will be held throughout the month of March at Sports\*Com, McFadden Community Center and the Main Office at Barfield Crescent Park.

Ages: 9 - 14  
Dates: Mondays beginning April 11th  
Time: 5:30 p.m.  
Location: Riverdale High School Track  
Fee: \$25 (fee includes T-shirt)  
Contact: Thomas Laird, 907-2251, or [athletics@murfreesborotn.gov](mailto:athletics@murfreesborotn.gov)

## Homeschool P.E.

Homeschool P.E. is for children from 1st - 9th grade to participate in physical education activities. Space is limited to 25 children per class, so please call 893-7439 in advance to reserve your spot. Children under the age of 8 must have a parent/legal guardian present at all times.

Minimum of 4 participants to hold class.

Ages: 1st - 9th grade  
Date: Beginning January 11 - May 26  
Day: Tuesdays and Thursdays  
Time: 1 pm - 2 pm  
Location: Patterson Park Community Center  
Fee: \$3 per child or Premium Admission  
Contact: Ralph Buckingham, 893-7439

## Homeschool P.E.

### 8th-12th Grades

This 45-minute class will focus on teaching students the skills needed to make physical activity a part of their everyday lives. Students will learn fundamentals of weight-lifting and how to use the facility's weight equipment as well as how to choose and design personal cardiovascular programs.

Ages: 13 to 17  
Date: Jan.6-April 28  
Day: Tuesdays and Thursdays  
Time: 2:00-2:45  
Location: Sports\*Com Weight Room  
Fee: Premium Pass--Students must preregister as space will be limited to ensure quality instructor/student time.  
Contact: Allison Davidson, 895-5040



## Murfreesboro Youth Competitive Volleyball League

The Murfreesboro Youth Competitive Volleyball League will be hosted at McFadden Community Center during the summer. Practice times will be given through the week, with matches on Saturday mornings. The league will follow TSSAA rules throughout the 8-week season and conclude with a double elimination tournament. While the league signs participants up as a team, individuals will be taken and placed where space is available. Registration will be taken at the Athletics' office at McFadden Community Center. Coaches wishing to submit a team must fill out a coaching application and ensure all players are registered prior to the first practice.

Ages: 17 and under  
 Dates: Registration throughout the month of April  
 Practice during the week beginning in May  
 Games on Saturdays  
 Location: McFadden Community Center  
 Fee: \$40 per player (includes game jersey)  
 Contact: Thomas Laird, 907-2251, or athletics@murfreesborotn.gov

## Spring Racquetball League

The Racquetball League is designed for men and women of all skill levels, 13 years of age and older, to compete against others in about a 7-week season with a tournament at the end of the season. Each player will be assigned an opponent, but it will be up to the players to schedule the exact time and day to play. The fee for the league is \$15 (Patterson Park Community Center admission is not included in the \$15), which covers a league T-shirt and tournament prizes. Available Divisions are as follows: A = Pro, B = Advanced, C = Novice, Women's, 50 +, and 17 & Under.

Ages: 13 and up  
 Date: Sign-ups: February 7 – March 18  
 League Play: Tentative Start Date- week of April 3  
 Day: Day and time will be determined between opponents.  
 Time: Day and time will be determined between opponents.  
 Location: Patterson Park Community Center  
 Fee: \$15 per player (Patterson Park Community Center admission is not included in the \$15)  
 Contact: Mike Philpott, 893-1802

## Sports\*Com Adult Basketball League

Sports\*Com's Adult Basketball League is a great way for adult athletes to stay in shape and play the game. League offers full court games with qualified officials one day a week. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so don't let that discourage you.

Ages: Adults  
 Dates: Wednesdays beginning May  
 Time: Games will begin at 6:00, 7:00 & 8:00 P.M.  
 Location: Sports\*Com  
 Fee: \$4 per visit per person or premium pass  
 Contact: Thomas Laird, 907-2251, or athletics@murfreesborotn.gov

